



Thurston County

WIC Facts: FFY 2004

Infants Born Served by WIC

County..... 42.4%
Statewide..... 48.6%

Women, Infants and Children Served

Total: 8,067

Infants and children under 5..... 5,730
Pregnant, breastfeeding and postpartum women.....2,337

WIC Food Dollar Contribution to Local Economy

WIC Program Food Dollars
\$2,863,931
WIC Farmers Market Nutrition Program Food Dollars
\$50,416

WIC Families

Working families..... **64.6%**
WIC households with at least one working family member

Families living in poverty..... **62.6%**
Percent of WIC clients with income at or below the federal poverty level (\$1,307 per month for a family of 3)

WIC Nutrition Education Promotes Healthy Choices

Total nutrition education sessions..... **19,644**

WIC nutrition education:

- Emphasizes healthy lifestyle habits so families can eat better and stay active now to prevent obesity and other chronic diseases later in life.
- Promotes breastfeeding for the first year of life. And, with the breast pump loan program, helps mothers continue to breastfeed after returning to work or school.
- Helps prevent early childhood caries by screening for early signs of poor oral health, giving parents ideas for healthy snacks and stressing the importance of dental care by age one.



WIC Attracts Families to Preventive Health Services

WIC referrals..... **37,101**

WIC informs families about health related services and provides them with the information and support needed to access them successfully.

* Maternity Support Services

Thurston County

WIC Agencies and Sites

Thurston County Public Health and Social Services

Olympia
Rainier
Rochester
Tenino
Yelm

Community Action Council of Mason, Lewis & Thurston Counties

Olympia

South Puget Intertribal Planning Agency

Nisqually Tribe

WIC Authorized Grocery Stores

Albertsons
Bailey's IGA
Bayview Thriftway
Dave's Marketplace
Fred Meyer
Mega Foods

QFC
Rainier Market
Ralph's Thriftway
Safeway
TOP Foods

WIC Authorized Farmers Markets

Olympia Farmers Market